

TRIBUTISM CALLS FOR TIME OF SOCIETY FOLK AS WELL AS FOR THE LIVES OF OUR SOLDIERS

SOCIAL SLACKERS IN RED CROSS MUST PUT THEIR COUNTRY FIRST

Time Has Gone When Bandage-Wrapping Must Come When There Is Nothing Else to Do; It Is a Stern Necessity

MEASURES as usual and sticking faithfully to one's post in the Red Cross workroom do not always go hand in hand. When war first came to us and a supreme campaign was on foot, a great many women ran to get in line. There was such a hearty thrill about helping in the first world war. And—oh, ignoble contrast—the uniform was becoming.

PERHAPS it is only human that women who have no men in the war should occasionally lose interest in the Red Cross workroom. And yet one hesitates to classify them this way. The dogged unflinching worker is not always the mother, the wife or the sweetheart of the fighter. Sometimes she's a woman person who never held a little soldier-to-be close to her heart.

And today no letter from the front pours her on to give up a card party for an afternoon with the endless bandages. Just reading the newspapers, perhaps, gave her that grim determination never to miss her day—just that and lying awake at night thinking it all over.

It would be wrong to try to classify the slackers. But slackers there are—social slackers in the Red Cross rooms.

WE HAVE all been kindly with each other about this matter of social

**A LITTLE THOUGHT**  
Life treads on life, and heart on heart;  
We press too close in church and mart;  
To keep a dream or grave apart.—Elizabeth Barrett Browning.

slackers. Perhaps it is because there isn't one of us who hasn't faced the alternative of turning down some important social function to which we have long been looking forward, or of giving up one of our afternoons at the Red Cross in order to go to it.

Yet when we look the matter squarely in the face we know that the time has come for harsh judgment. It is time to know that the war is in dead earnest, that there must be no loafing on the job with the thought that perhaps the boys will never see service in France. We are in to fight to the finish, and the hour for making excuses for each other and ourselves is past.

**BEFORE** the American Red Cross has the mighty job of binding up the wounds of a war-torn world. We have all been asked to help. But if helping means to do Red Cross work when nothing else of interest presents itself, it seems as though the task of our relief society resembles a decidedly uphill journey.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will be answered as far as possible. Special queries like those given in the editor do not necessarily endorse the sentiments expressed. All correspondence for this department should be addressed to THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

**TODAY'S INQUIRIES**  
1. What are conversation crackers and how are they made?  
2. How can an empty egg carton serve as an aid in the sewing room?

**ANSWERS TO YESTERDAY'S INQUIRIES**  
1. In baking apples, chopped figs and dates make a delicious filling that will eliminate the use of sugar.  
2. Keeping an all stove thoroughly clean, the wick trimmed and not turned up too high will do away with the disagreeable odor which so often comes from using oil. Occasionally the various parts of the stove should be taken out and boiled in a strong solution of soda and water.

**Coloring in Oleomargarine**  
The Editor of Women's Page:  
Dear Madam—The substance used for coloring oleomargarine made up of a prominent butcher, who has been advised by the State to get out of the business of coloring oleomargarine. When a resident of Philadelphia I was told said coloring was made of carrots and herbs. A. H. P.

**Chili Con Carne**  
To the Editor of Women's Page:  
Dear Madam—Kindly print a recipe for making chili con carne with beans. (Mrs.) E. B. C.

**Stay in School!**  
To the Editor of Women's Page:  
Dear Madam—I am a girl of fourteen and a daily reader of your column and wish to say that I do not intend to leave school. I am to graduate from public school in May. My mother says that it would be very hard for me to find a job. I would like to have a few dollars a week for my school expenses and clothing. As my mother is a teacher, she would like to have me stay in school. I would like to have a few dollars a week for my school expenses and clothing. As my mother is a teacher, she would like to have me stay in school. I would like to have a few dollars a week for my school expenses and clothing.

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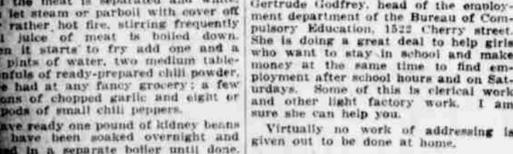
**Scotch Oat Crackers**  
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Dear Madam—I recently regretted an invitation to a wedding reception. I am obliged to send a present since I cannot go. (Mrs.) H. H.

**Conservative Pans**  
Because of the demand of steel and the shortage of materials which go into the manufacture of enameled galvanized and tinned wares in use in American kitchens some thirty manufacturers of these wares have issued jointly an appeal to the housewife to prolong the life of her kitchen utensils.

**Dusk**  
The farries ply like shuttles in a loom, And many barges come in across the bay. To lights and bells that signal through the gloom, Or twilight gray. And like the blown soft flutter of the wide-winged sea birds droop from closing sails. And hover near the water—circling low. As the day dies.

**IN THE MOMENT'S MODES**  
Pink Is One of the Season's Favorite Shades



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Tomorrow's War Menu

Without Day BREAKFAST  
Sliced Oranges and Bananas  
Creamed Codfish  
Corn Bread  
Coffee  
LUNCHEON  
Baked Beans  
Pickled Peaches  
Cocoa  
DINNER  
Chicken Potpie (leftover)  
Baked Sweet Potatoes  
Stewed Tomatoes  
Green Pepper Salad  
Oatmeal Betty

**OATMEAL BETTY**  
Two cups cooked oatmeal, four apples, cut in small pieces; one-half cupful raisins, one-half cupful corn syrup, one-fourth teaspoonful cinnamon. Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates or ground peanuts may be used instead of apples. This recipe will serve five persons.—United States Food Administration.

**To Arms!**  
This day of action, this generation of deeds has swept us far beyond the passive acceptance of "They also serve who only stand and wait." We must act, each of us, all of us, and we must act quickly. There is a deed at hand for every one of us to do.

The deed at hand for the housewife to do is to save food. Save the crumbs of bread, the scraps of meat, the few drops of milk, the lump of sugar—oh, how petty and shameful it all sounds beside the big thing we would like to do—the vital thing, the fine thing, the thing heroic for our country.

But is there a finer, more vital, more heroic deed in all the world than to save human life? And this is what the housewife of America will do if she will substitute other cereals for part of the wheat, eat meat only once a day, see that not a drop of milk is wasted in her kitchen, save the sugar, be economical in her use of fats and relieve our railways for necessary war work by using local products as far as possible and by cooking when she can with wood fires and the fireless cooker.

Yes, if the American housewife will do these things she will save the lives of hundreds and thousands across the water. She will save men, women and children from starvation. And she will do more—if the American housewife will conserve food she will save thousands of lives that otherwise would be lost in the trenches and on No-Man's Land.

For she will help shorten the war.—United States Food Administration.

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BRAVE BELGIAN GIRL ASKS SMILES FOR FIGHTING MEN

Susanne Silvercrus, Sister-in-Law of University of Pennsylvania Professor, Who Saw Horrors of War, Would Cheer Soldiers



SUSANNE SILVERCRUS

"Send your boys away with a smile. Don't let them carry a picture of tears with them across the water. Smile! Smile though your heart is breaking!" said Miss Susanne Silvercrus, a Belgian refugee and exile, who has been speaking for her cause in this country.

This girl is only seventeen, and although she lived through a nightmare for the first nine months of the war, doing all that she could for her fellow country-folks, seeing and consulting German atrocities on all sides, she appeared just an enthusiastic young woman when seen today at the home of her brother-in-law, A. J. Carroy, a professor at the University of Pennsylvania.

Since the first guns roared over the peaceful country just outside of Liege that August day more than three years ago she has been serving her country in one way or another. Noting that too small or too great a sacrifice for Belgium and it will be the same with us here, she said.

"I hate Germany and the memory of my experiences will always be with me, but if by telling some of them to your people I can help to stir them up I will talk all night," she said.

"When the first guns sounded—so long ago it seems—we couldn't realize that it meant war, but when I went into the city of Liege and saw the blood deserted except for piles of bars, thousands of soldiers and immovable machine guns I had a sinking feeling. And then the trip to Brussels amid the thunder of guns, expecting to see my brother being carried into the train on a stretcher among the many picked up all along made it real."

"That men could ever be such beasts! Those Germans are like lions!" They must kill. Like snakes, they must crush the life from every living thing within their sight. They have mangled and maimed our men, they have maltreated our women, but they cannot crush us. I visited many of the ruined cities to find wild playgrounds destroyed beyond recognition and things utterly ruined, but our hearts are brave.

"But it was wonderful when we nurses—I was among the first to volunteer for that service at the first call—assisted the Belgian wounded to escape. It was after the surrender of

Brussels and the hospitals were filled with German and Belgian wounded. We girls brought clothes from home and every Belgian soldier who was able to move was dressed in civilian clothes and given a chance to escape. The Germans were furious when they discovered it and we were all to have been taken into Germany as prisoners had it not been for the influence of my father and other men.

"Killing and maiming are the first business of the German. It was terrible the way they killed one man while at dinner with his family and several German officers. After the enemy had entered Louvain a pack of soldiers burst into the house and yelled, 'You shot at us, we kill you.' I spun his turning to the officers to deny this accusation, as they had all been at dinner for several days. They got up and left the room. He pleaded to be allowed to see his children, who were in bed, before he died and was allowed to go upstairs. In a few minutes a soldier came down to tell of the girl he had just run through with his bayonet."

"Another old man, the notary, was taken off into a prison camp. Made to march miles when his poor old legs were too stiff to respond except to allow him to fall. One of his daughters, a friend of mine, was beaten over the head with a gun when she tried to help her father. "There are millions and millions of those tales of cruelty, some far more gruesome and repulsive, but I try not to think of them."

"In an exile, I cannot go back to my native land just yet. I'm sure it won't be long before I shall be able to return. After nine months of hospital nursing and relief work the doctors ordered a change and rest. I asked for a passport, and after much delay it was given to me, and the officer who issued it said, 'You will never see your father or mother again, for as long as this is Germany, and it will probably always be Germany, you can never return.'

"There is much need of help in Belgium; much suffering even now. That suffering is among the middle class mostly. The people are too proud to ask help. I want to thank all the American people and ask them not to waste their time, but to keep right on with the relief work among their allies."

**CHANGING FOOD INTO BODY FUEL**  
Advice on preventive medicine will be given by Doctor Kellogg in this column daily; but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be promptly answered if postage is enclosed.

By J. H. KELLOGG, M. D., LL. D. L. HIGBIE, one of the pioneers in the study of body fuels, was the first to discover that while all foods burn in the body, there are marked differences in the way in which different food substances are used. Half a century's researches have at last made these differences so that now we know that there are three classes of food fuels, as follows:

First, Sugar, the chief body fuel, the principal source of heat and muscular energy. The physiologist says, "The body burns sugar," and we say that an automobile burns gasoline. Sugar is represented in the food not only as sugar, but chiefly in the form of starch. There are also many different kinds of sugar. The starches and sugars are grouped together under the name of carbohydrates. By the processes of digestion all the carbohydrates are converted into dextrose, the form of sugar which the body uses as its chief fuel.

Second, Fat, a storage fuel. Sugar cannot be stored in the body to any extent, but an almost unlimited amount of fat may be accumulated. Fat is burned only when the sugar supply is limited and surplus of sugar is stored as fat.

Third, Protein, represented by the whites of eggs, lean of meat, curd of milk, gluten in wheat and similar but differing sorts of plant products, nuts and other vegetable foods. Each plant makes its own kind of protein.

Protein, so far as known, has but one use in the body, viz., to repair the working parts of the body machine. Like sugar, protein cannot be stored, but, unlike sugar, any surplus not needed for repair of cells is immediately dissipated in the form of urea. Instead of being converted into fat, as is the case with sugar.

This fact clearly indicates the importance of making the intake of protein no greater than is needed to furnish material for tissue repair. Any surplus throws an unnecessary burden upon the kidneys, which must tend to produce uremic failure and disease. There are also many other reasons for limiting the protein intake to the actual needs of the body. Protein is wholly unsuited to take the place of sugar as a current fuel for heat production and to support muscular work or of fat as a storage and emergency fuel.

In the process of digestion all the food fuels are broken up into simple crystalline bodies, which readily undergo absorption. The starch is converted into sugar by the action of the saliva and the pancreatic and intestinal juices. The fats are converted into soaps and glycerin and then reconstructed after absorption. The proteins are very complex bodies made up by various combinations of about twenty simple elements containing

QUESTIONS AND ANSWERS

**Hemorrhoids**  
Is there any cure for hemorrhoids besides an operation? Are salves of any benefit? HENRY.

The quickest and surest cure for hemorrhoids is an operation. Other things may relieve, but only lose time and to great gain is made. Ointments frequently relieve.

**Soft Wax in Ear**  
The wax in my ear gets soft and runs occasionally and is a disagreeable odor. How can I cure this? It does not seem to affect the hearing? G. S.

The discharge is probably pus and not softened wax at all. You should consult an ear specialist at once and have proper treatments of your hearing will probably be seriously affected. This condition should never be allowed to go on without consulting an ear specialist.

**Child Reads—Does Not Get Enough**  
What would you advise for a little girl about eleven who reads a great deal? She has a large vocabulary very little and does not play outside much. M. H.

Give the child suitable things to read.

**Hemstitching**  
Be a sard and use Done White You Wait Skirt Pleating in Sunray, Ray, Side and Avorillon BUTTONS covered in all styles Parisian Pleating & Novelty Co. 108 S. 13th Street

**Mexican Hand-Drawn Work**  
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**Don't Misunderstand! These Are Not \$3 to \$5 Values**  
They Are \$5.00 to \$10.00 Values at Our Upstairs Prices of \$3.00 and \$5.00

Realize that here we don't sell the sort of waists retailed elsewhere at \$3 to \$5. You can prove this statement. Just look at our Wonderful styles of waists and fabrics in \$3.00 and \$6 Waists at \$3.00. Compare these \$3.00 waists with \$5.00 waists elsewhere—where—our price is \$5.00.

We have a big showing of splendid new styles this week—many just received. It's a good time to visit us and get \$5 to \$10 waists for \$3 or \$5. Come in without delay and get fastest choice! Mail Orders Filled.

**Peggy's Blouse Shop**  
1208 CHESTNUT ST. Save \$2.00's OVER CHILD'S RESTAURANT—TAKE ELEVATOR.

**Fur Clearance Sale**  
Manufacturers' Close-Out of Ready-to-Wear Furs and Skins Made Up to Your Order

In previous years we have always sold our made-up stocks at this time to the leading retailers of the city. Now that we are selling direct from trapper to wearer we have determined to give the public the full advantage of wholesale close-out prices.

All the ready-to-wear furs in our stock, and skins made up to your order, exactly as you want them at fully one-third less than any other store.

**Furriers to Two Generations**  
**GITTELMAN'S SONS**  
916 Arch St., Phila. West Phila. Store, 4093 Lancaster Ave.

**Habereitinger FURRIER**  
Our complete line of high-grade exclusive Furs now reduced to 1/3 Off Regular Price

The Stock includes many handsome Coats and Sets. Worth your investigating. 1604 Chestnut St. After March 1st at 1911 Chestnut St.

**Tongue Slippers**  
Black and Colored Kid Reduced From \$11 to \$7.50

A discount of 35 cents per pair allowed customers who pay cash and take shoes with them. This applies to all shoes, whether reduced or not, bought during this sale, and is done to encourage wartime saving.

**CLAFLIN, 1107 Chestnut**

**You Can Borrow A VITAL**

**Without Electricity**  
Just write, or phone Spruce 5693, for a Free Trial SPECIAL \$5.00 Down TERMS. BALANCE SMALL MONTHLY PAYMENTS IF YOU DECIDE TO BUY

**The Robert A. Bucher Co., Inc.**  
1221 Arch Street

—Instructive, entertaining—and do not let her read too much. Can you not interest her in outside play, so that she will get a normal appetite. Send her on errands, so that she will have to walk outside. She should have several hours of outdoor activity daily. There will be no trouble about her eating and she will not be a little book-worm. Now is the time for her to build her body. (Copyright)

**Latest and Daintiest Models**  
Striking and Exclusive Designs \$3 to \$5

**The Vogue WAIST**  
3 to 5 RETAILERS STOUTS A SPECIALTY

**Our Georgette and crepe de chine Waists are unparalleled at \$3. Superior in quality, beauty, style. See for yourself—you will recognize the great value—they rival \$5 blouses!**  
1112 Chestnut St. 1114 Third Floor. One Door East of Kebley. Stafford Building Take Elevator

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**Says Mother's Son**

"My dog, Duke, is the smartest dog in our block."

"This morning when I was eating my Cream of Barley he jumped up and tried to eat out of my dish."

"He knows Cream of Barley is awfully good—but I know it, too, and so he didn't get any."

**CREAM OF BARLEY**

**Cream of Barley**